

WOMAN'S EXCHANGE, CONTAINING INFORMATION ON VARIOUS SUBJECTS—FASHION'S DICTATES

THE WOMANISH WOMAN NOT ALWAYS THE WOMANLY ONE

TALES reach us from Washington of the new representative from Montana...



Vyvettes

This hat puts up a bold front of straw and silk, and dangles a tassel on its left side.

IT TAKES an enormous amount of courage, more than most of us have to give up any particular thing for a whole year.

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the paper only and signed with the name of the writer.

TODAY'S INQUIRIES

- 1. When one cannot afford different shoes for summer, how can the rubs be protected?
2. How can carpets be brightened?
3. How should a rusty gas oven be cleaned?

ANSWERS TO YESTERDAY'S INQUIRIES

- 1. A medium-sized slice of white bread contains fifty calories, while a slice of Boston brown bread of about equal size contains 100 calories.
2. The oven should maintain a temperature of about 350 degrees Fahrenheit to properly bake sponge cake.

Food Value of Macaroni

Dear Madam—Macaroni, noodles, rice and other cereals furnish much nutriment at very little cost.

Ham Loaf

Dear Madam—I am sending you this recipe for ham loaf, which makes a nice dish for Sunday suppers.

Recipe for Dandelion Wine

Dear Madam—Will you kindly collect a reader of your paper by publishing a recipe for making dandelion wine?

Italian Artichokes With Sauce Tartare
Dear Madam—Will you please, through your columns, tell me how to cook Italian artichokes with tartare sauce?

One-Piece Bathing Suit—Other Queries
Dear Madam—(1) Is it good taste for a girl to wear an Annette Kollerian bathing suit in a pool, when all the swimmers are girls or women?

Referred to Readers
Dear Madam—Kindly oblige me by printing in your paper a formula for cleaning white hemp hats.

To Stain Leather Black
Dear Madam—Can you tell me how to stain leather a permanent black?
The leather may first be mordanted with a solution of logwood extract, then given treatment with a solution of iron sulphate or persulphate.

Brightening Opals
Dear Madam—Is there any way of brightening opals in a ring without taking them to a jeweler?
Wash them with oxide of tin or putty on a piece of chamotte skin, wet with refined chalk, also on wet chamotte skin, then scrub the opals with a soft brush dipped in water.

Apportioning Income
Dear Madam—What is the proportion of one's income which should be spent for rent and food, according to some estimates?
With an income of \$1000 a year it is estimated that 25 per cent should be spent for rent and 40 per cent for food.

THE GOOD HEALTH QUESTION BOX

By DR. JOHN HARVEY KELLOGG

IN A correct standing position a plumb line dropped from the ear should fall just back of the first joint of the great toe.

The poise of the body will now be found very nearly correct, but slightly exaggerated. Relax the muscles slightly while still holding the chest up; step out from the wall, swinging the arms and the result will be a perfect standing and walking poise.

Sore Throat

What is the best home remedy for sore throat?
The best remedy is hot water. It should be applied outside and inside; outside by means of fomentations for fifteen minutes or half an hour twice a day; inside by a gargle of hot water, at hot as can be borne, every fifteen minutes or half hour until relieved.

Chronic Catarrh of the Windpipe

In most cases this disease may be cured. A lung specialist should be consulted.

Loss of Voice

What is the cause of loss of voice when a person is able to speak but cannot hear?
The loss of the voice may be due to an inflammation of the mucous membrane of the larynx or to an inflammation of the nerves controlling the larynx.

Enlarged Glands

What is the cause of enlarged glands in a child's neck?
Tuberculosis.

Normal Blood Pressure

What is the normal blood pressure?
The normal blood pressure is 100 to 120. It is an error to suppose that the normal blood pressure in a given case may be found by adding 100 to the person's age.

Will Married Men Be Drafted?

Dear Madam—I have been married about nine months and we are going to house-keeping this month. I am very anxious to go to house-keeping but I must wait until the time comes, but now that war has broken out, I am very indecisive about it.

As the conscription bill has not yet been passed it is impossible to tell you just what the provisions for married men will be.

One-Piece Bathing Suit—Other Queries
Dear Madam—(1) Is it good taste for a girl to wear an Annette Kollerian bathing suit in a pool, when all the swimmers are girls or women?

(2) Which would be better to wear with a suit of blue-black oxford ties or black pumps or brown?
(3) When a man invites a girl to the theatre may he wear a hat and a suit with a white shirt and white gloves to all right anywhere in the house?

(4) Do young girls wear white kid gloves to a tea?
(5) Can one go to summer dances without gloves, even to try them?
(6) Are the light sports suits appropriate to wear shopping?

(1) If a girl really wants to learn to swim she can do so much more readily if not hampered with skirts, stockings, etc. The one-piece bathing suits are quite rigorous in a pool reserved for women.

Costume for Afternoon Wedding
Dear Madam—I am to attend a wedding this afternoon about 5 o'clock. What sort of a gown should I wear? Must gloves be worn to the church? I am to go to the reception after the ceremony.

White Spots on Nails
Dear Madam—What is the proportion of one's income which should be spent for rent and food, according to some estimates?
With an income of \$1000 a year it is estimated that 25 per cent should be spent for rent and 40 per cent for food.

IN THE MOMENT'S MODES



In spite of the threatened "bouffant" effects are still sanctioned by notable authorities. Soutache braided red, yellow and green plays rather an important part in this clever, afternoon frock of navy blue crepe Turko.

Bell-shaped sleeves, with separate inner cuffs closely fitted, are undoubtedly an important asset. An inch-wide girlish reveals itself for a brief space to reassure one that all is not carelessly loose and unconfined, as seems at first the case.

THE CHEERFUL CHERUB

Sometimes my worries nag me so; They swarm about as thick as bees. It's nice to think in times like that The world is full of books and trees.

Peanut Cutlets

Add one cupful of ground peanuts to the same amount of bread crumbs well seasoned. Bind with well-beaten egg, form into cutlets, dip in egg and bread crumbs. Then bake and serve with tomato sauce.

Electric Co. Adds \$20,000,000 to Capital
TRENTON, May 3.—The Public Service Electric Company increased its capital from \$30,000,000 to \$50,000,000.

Hemstitching

Best work done while you wait; also in gold and silver. Skirt Pleating in sunray, bar, slant and accordion Buttons covered in all styles. Parisian Pleating & Novelty Co. 108 So. 13th Street

Bengross

Second Floor Fashion Shop 1318 CHESTNUT ST. Opposite Wanamaker's
100 Jersey and Tailored Suits, formerly \$29, \$35 and \$39.50, for tomorrow only \$19.50, \$21.50 and \$25.00.

MERIDALE BUTTER

Its delicate flavor is always the same all the year around and is never obscured by heavy salting. Be sure it comes to you in our own Merifol wrapper, which insures purity, quality and quantity.

LUIGI RIENZI

1714 Walnut Street Revised Prices
In Standard Lines of High-Class Apparel To give constant change of selection current styles are offered now, in the heart of the season, at important reductions.

PATSY KILDARE, OUTLAW

By JUDD MORTIMER LEWIS

XXIX—The Avenger

WHEN I got out of bed yesterday I noticed that the house was once more beginning to have the scattered look that it had before Old Maid Tompkins cleared it up.

He started to come down, but Rowdy jumped at his foot and growled, and Wilbur pulled his foot up and said, "Aw, you know me, Patsy." I said, "I sure do."

I didn't do anything the whole morning but sit on the step and keep Wilbur in the tree. At last his mother came down the street looking for him, and he told me not to say anything, for she would whip him for robbing birds' nests.

She went up to the tree and pulled Wilbur down, and I called Rowdy away and put out my tongue at her. Then Rowdy and I ran.

At the Sign of the Golden Ostrich Beautiful Neck Boas Fans & Fancies Made from Your Old Ostrich Feathers Paradise, Gaura, Numidi, Marabout, etc., renovated. New plumes and fancies in stock or made up to order. MAILHOT 1510 Chestnut St. French Feather Dyer and Dresser. Mail Orders Receive Prompt Attention.

THE YARN SHOP

Good Shepherd Yarns In all desirable shades. Newest styles in Hand-Knit Sweaters (We Teach You to Knit Without Charge) 125 SOUTH SIXTEENTH ST. Second Floor

Roses

We are having special sales of them every day now. The Century Flower Shop 12th Below Chestnut St.

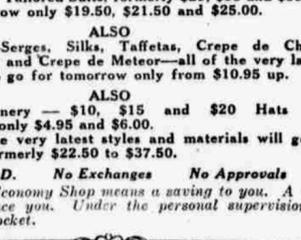
WILBUR'S COCOA

is produced under scientific supervision. From the selection of the cocoa beans till it is packed in airtight tin containers, experts watch each manufacturing process. No wonder Wilbur's is the first and only choice of those who demand the best! H. O. WILBUR & SONS, Inc. Philadelphia

DALSIMER STANDARD SHOES

Footwear of Fashion for the Younger Set Every whim of fashion is represented in this footwear of the newest mode.

Our new models abound in Style and Character, with a touch of Youthfulness so appealing.



(A)—The Petite Pump. Bull Calf or Patent Calf. \$4.50 White Belgnakin. \$5.50 Sizes 2 1/2 to 7
(B)—A New English Pump, Fashioned for Misses and Young Women who favor the military heel. \$4.50 Fine Bull Calf. \$6.00 White Buck. \$6.50 Sizes 2 1/2 to 7

(C)—College Girls' Wing-Tip Sports Oxfords are the vogue for the Young Lady. Dull Calf. \$6.50 Tan Cordo Calf. \$7.00 Genuine White Buckskin. \$8.00 Sizes 2 1/2 to 7

SHOES and HOSIERY

1204-06-08 Market Street Dalsimer 'Tis a Feet to Fit Feet